

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

BBQ Chicken and Pineapple Lettuce Wraps

From www.howsweateats.com

1 pound boneless, skinless chicken breasts, cut into pieces
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon smoked paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 tablespoons olive oil
1/2 red onion, diced
1 tablespoon brown sugar
1 1/2 cups cubed pineapple (roughly same size as chicken pieces)
2 garlic cloves, minced
2 tablespoons coarsely chopped cashews
3 tablespoons BBQ sauce, plus more for drizzling
1/3 cup freshly torn cilantro
1 avocado, sliced
4 green onions, sliced
1 head of iceberg lettuce, leaves torn off
1 head of green leaf lettuce, leaves torn off
limes, for serving

Greek yogurt cilantro drizzle - Add all ingredients to a food processor and blend until pureed. Drizzle over lettuce wraps.

1/3 cup Greek yogurt
1/3 cup freshly torn cilantro
3 tablespoons milk
1 tablespoon fresh lime juice
1/2 teaspoon olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

Season the chicken with the salt, pepper, paprika, garlic and onion powder. Heat a large skillet over medium heat and add the olive oil. Add the chicken and cook until browned and cooked through, flipping once or twice, about 6 to 8 minutes. Remove the chicken and place it in a bowl. Add the onion and brown sugar, stirring well to remove any brown bits from the pan. Cook, stirring occasionally for 5 minutes, or until golden brown. Stir in the pineapple and garlic. Cook for 5 to 6 minutes more, stirring often. Add the cashews and stir. Add the chicken back into skillet and stir in the BBQ sauce. Let cook for another 5 minutes.

To assemble the lettuce wraps, I like to put a piece of green leaf lettuce over the iceberg. You don't need to do this but I like how it makes the wrap more "sturdy." I like the iceberg for the refreshing crunch. Add some sliced avocado into the lettuce leaves, then top with a few spoonfuls of the chicken mixture. Add the green onions, cilantro and a drizzle of BBQ sauce. Finish off with the drizzle of the yogurt cilantro sauce.